

## Abstrak

### **PENGARUH PENDIDIKAN KESEHATAN VIDEO ANIMASI TERHADAP PERILAKU *PERSONAL HYGIENE* SAAT MENSTRUASI PADA REMAJA**

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**Latar Belakang:** *Personal Hygiene* saat menstruasi merupakan cara seorang wanita memelihara kebersihan diri. Hasil studi pendahuluan yang telah dilakukan bahwa santri putri memiliki perilaku kurang baik yaitu mengganti pembalut setelah mandi saja, membersihkan darah pada kemaluan dengan air bak yang tertampung, tidak mengeringkan dengan tisu atau handuk setelah BAB dan BAK. Salah satu cara untuk meningkatkan perilaku *personal hygiene* saat menstruasi melalui pendidikan kesehatan dengan media video animasi..

**Metode Penelitian:** Desain penelitian menggunakan *quasi experiment with control group pretest and posttest design*. Teknik sampling menggunakan *quota sampling*, yaitu 18 santri putri berasal dari Pondok Pesantren pada masing-masing kelompok. Data dikumpulkan menggunakan kuesioner tentang perilaku. Analisis data menggunakan Uji *Paired Sample t Test* dan Uji *Independent Sample t Test*.

**Hasil:** Hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan perilaku sebelum dan sesudah diberikan pendidikan kesehatan media video animasi dengan nilai  $p=0,000$  ( $p<0,05$ ).

**Kesimpulan:** Media video animasi efektif untuk meningkatkan perilaku *personal hygiene* saat menstruasi pada remaja.

**Kata Kunci:** *Personal Hygiene*, Menstruasi, Remaja, Perilaku.

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## ***Abstract***

### ***THE IMPACT OF ANIMATED VIDEO HEALTH EDUCATION TOWARD PERSONAL HYGIENE BEHAVIOUR OF TEENAGER DURING MENSTRUATION***

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***Background:*** Personal Hygiene when menstruation comes is way of woman to keep their cleanliness. The previous study showed that girls santri had a not good behaviour such as only change sanitary pads after taking a bath, cleaning blood on genital organ using water in the tub, not drying genital organ using tissue nor towel after having defecate or peeing. One of effort to improve their personal hygiene during menstruation is through health education within video animation.

***Research Method:*** Research design used quasy experiment with control group pre-test and post-test design. The technique of sampling used quota sampling which consisted of 18 girl students of SMP which came from Boarding School on each group. Data were collected by questionnaire about behaviour. The analysis of data used Paired Sample t Test and Independent Sample t Test.

***Result:*** The result showed that there was significant difference on behaviour before and after given the animated video of health education with score  $p=0,000$  ( $p < 0,05$ ).

***Conclusion:*** Animated video was effective to improve personal hygiene behaviour of teenager when they had menstruation.

***Keywords:*** Behaviour, menstruation, Personal Hygiene, teenager

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